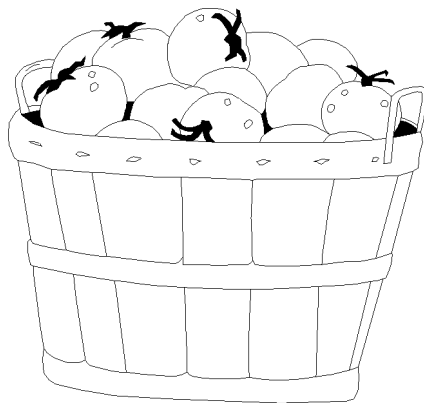
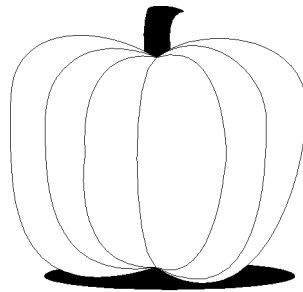
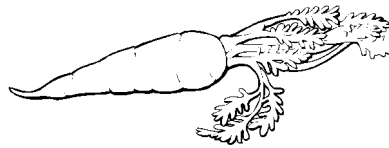
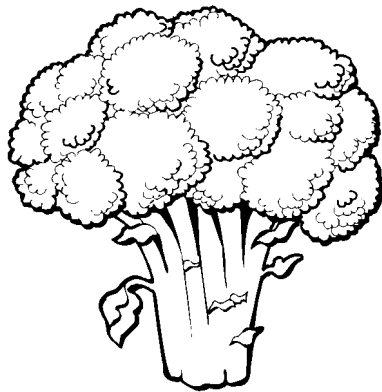


Vitamin A

For better health,
eat at least one serving of a
fruit, vegetable, or juice
that is high in
Vitamin A every day.



Acorn Squash
Apricots
Beet Greens
Bok Choy
Butternut Squash
Cantaloupe
Carrots
Chicory Greens
Collards
Dandelion Greens
Dried Apricots
Garden Cress
Hubbard Squash
Japanese Persimmon
Kale
Leaf Lettuce
Mango
Mustard Greens
Nectarine
Papaya
Peach
Plantain
Pumpkin
Romaine Lettuce
Spinach
Sweet Potato
Swiss Chard
Tangerine
Tomato
Winter Squash

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Vitamin C

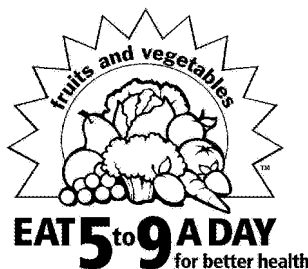
For better health, eat at least one serving of a fruit, vegetable, or juice that is high in Vitamin C every day.



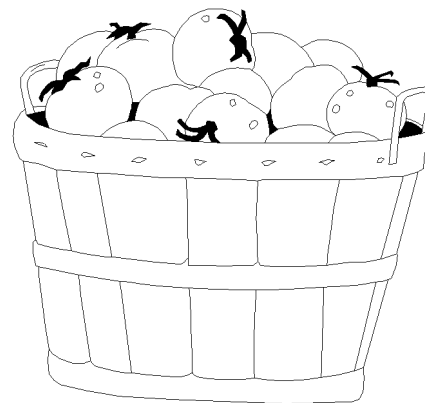
Blackberries
Boysenberries
Cantaloupe
Elderberries
Gooseberries
Grapefruit
Guava
Honeydew Melon
Kiwi Fruit
Kumquat
Lemon
Lime



Mandarin Orange
Mango
Orange
Papaya
Peach
Persimmon Melon
Pineapple
Plum
Raspberries
Strawberries
Tangelo
Tangerine
Watermelon
Asparagus
Bell Peppers
Bok Choy
Brussels Sprouts



Cabbage
Cauliflower
Chili Peppers
Green Onion
Jalapeno Peppers
Kohlrabi
Mustard Greens
Potato
Radishes
Rutabaga
Snow Peas
Spinach
Sweet Potato
Tomato
Turnip Greens
Watercress (raw)
Yams

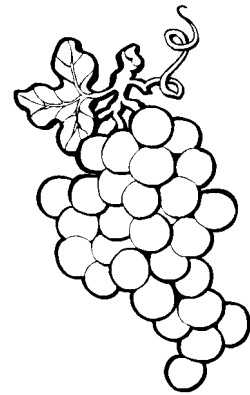


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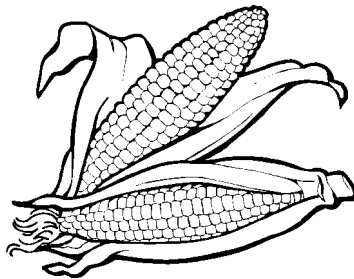
Fiber

For better health,
eat at least one serving
of a high fiber
fruit or vegetable every day.

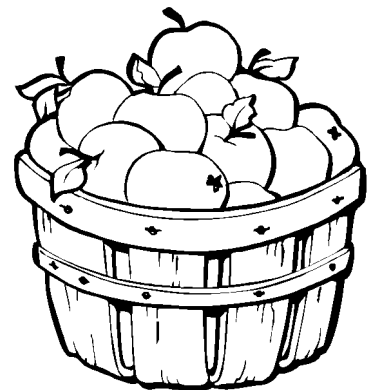


Apple
Apricot
Asparagus
Banana
Beans (kidney, navy,
lima, pinto, lentils)
Blackberries
Black-eyed Peas
Blueberries
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Cantaloupe
Carrot
Cauliflower
Cherries
Corn
Dates
Eggplant
Figs

Grapes
Grapefruit
Green Beans
Greens (beet,
mustard, turnip)
Kale
Kiwi Fruit
Nectarine
Okra
Orange



Peach
Pear
Peas
Pineapple
Plum
Potato
Prunes
Raisins
Raspberries
Spinach
Strawberries
Sweet Potato
Swiss Chard
Tomato
Winter Squash
Zucchini

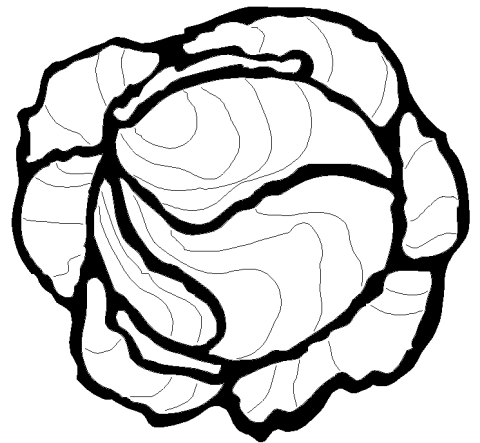


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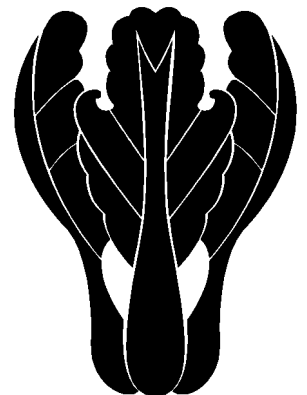
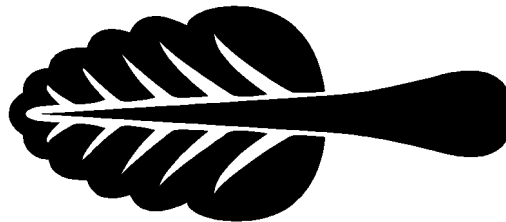
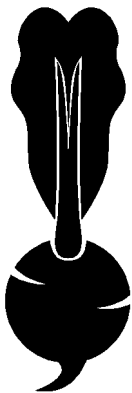
Aug 2003

Cabbage Family

For better health,
eat cabbage family vegetables
several times a week.



Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Cauliflower
Chinese Cabbage
Curly Cress
Garden Cress (Pepper
Cress)
Horseradish
Kale
Kohlrabi
Mustard Greens
Rutabaga
Turnip Greens



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